

# DINNERLY



## Chicken Chow Mein with Soft Noodles



25 minutes



2 Servings

There's no slaving over a hot wok with this quick and easy stir-fry of fresh veggies, slices of tender chicken and slippery noodles tossed in a moreish oyster sauce.



## WHAT WE SEND

- 200g cabbage
- 1 carrot
- 1½ tbs oyster sauce <sup>1,2</sup>
- free-range chicken thigh fillets
- 10g cornflour <sup>17</sup>
- 200g egg noodles <sup>1,3</sup>

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1 garlic clove
- 1 tbs soy sauce <sup>6</sup>
- 1 tsp sugar
- 1 tbs vegetable oil

## TOOLS

- medium saucepan
- julienne peeler or box grater
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Shellfish (2), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 545kcal, Fat 17.9g, Carbs 55.5g, Proteins 37.4g



### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Cut the **cabbage** into 1.5cm chunks. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Crush or finely chop 1 **garlic clove**.



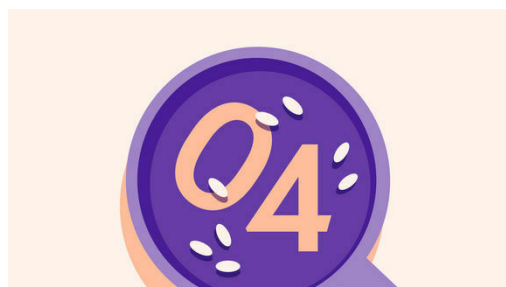
### 2. Make sauce

Put the **oyster sauce**, 3 **tsp soy sauce** and 1 **tsp sugar** in a bowl. Season with **pepper** and stir to combine. Thinly slice the **chicken**. Put the chicken, **cornflour** and 1 **tsp soy sauce** in a separate bowl and stir to coat.



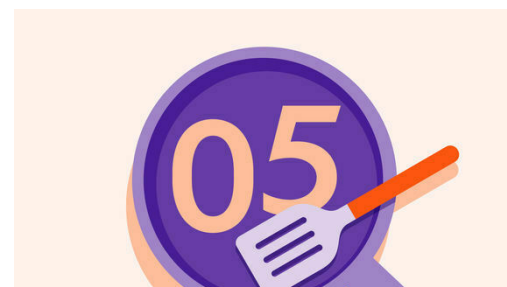
### 3. Cook noodles

Cook **two-thirds of the noodles\*** in the pan of boiling water for 3-4 mins until tender. Drain, then rinse under cold running water to prevent the noodles from sticking.



### 4. Stir-fry chicken

Heat 2 **tsp vegetable oil** in a large frypan over high heat. Stir-fry the **chicken** for 3-4 mins until browned and cooked through. Remove from the pan. Heat 2 **tsp vegetable oil** in the pan over high heat. Stir-fry the **cabbage**, **carrot** and **garlic** for 2-3 mins until tender but still with crunch.



### 5. Serve up

Add the **chicken**, **noodles** and **sauce mixture** to the veggies and stir-fry for 30 secs or until warmed through. Divide the **stir-fry** among bowls and enjoy!



### 6. Make it yours

Add a kick with a drizzle of chilli sauce, or boost the freshness with a scattering of coriander leaves or thinly sliced spring onion, if you have some on hand.